

FRA Requirements and Rules for Race Organisers 2018

1. FRA Race Requirements

The Race Organiser must agree to carry out the following actions, as a condition of registration of the event with the FRA:

- a) Consider and take appropriate steps to minimise and communicate foreseeable risks to all competitors, helpers or members of the public affected by the event where this is reasonably practicable and where the risks are beyond those normally inherent in the sport of fell running.
- b) Run the event in accordance with section 2 of this document and with any specific information or assurances given to the FRA Fixtures Secretary.
- c) Differentiate between Seniors and Juniors, and between all participating age groups of Juniors, in determining what steps should be taken to minimise such risks.
- d) Take all reasonable steps to contact race route landowners/tenants and anyone else with an interest in the land prior to the event, and take their comments or requirements into account.
- e) Limit the number of competitors to a level which is reasonably and safely manageable and which is acceptable in terms of environmental impact.
- f) Use the FRA entry form, or a form collecting at least the same information. The form must be completed by all runners admitted into the event, or by an adult on behalf of juniors. Entrants must agree to the stated conditions and rules.
- g) In general publicity, state the nature of the event, the severity and type of terrain and the suitability or otherwise for novices. Publicity for Junior races should specify age limits.
- h) On or before race day publicise and/or display specific information about the event, including: the 'FRA - Requirements for Runners'; the route; the equipment to be carried; a copy of the FRA race registration document; a local weather forecast for the day; specific race rules (if any) covering course requirements (such as 'out of bounds' areas or unusual obstacles or hazards); retirement procedures and closing times for checkpoints and for the finish. Copies of the [FRA 'Hypothermia' leaflet](#), or an equivalent, should also be available.
- i) Decide before the event on criteria either for abandonment of the event, or for the use of a pre-planned alternative 'bad weather route'.
- j) Require competitors, including in relays, mountain marathons and orienteering-style events, to carry the kit shown in Table 1.
- k) Provide a waterproof identifying vest number or number card to be worn by competitors.
- l) Use a robust system for accounting for individual race starters and finishers, with a backup check system to resolve any accounting issues on the day. The Race Organiser must ensure that every individual runner is accounted for. Examples of suitable recording methods are given in the 'Guidelines'.
- m) Put in place and direct a team of competent helpers of sufficient size to meet these requirements and be available at all times during the event. If personal availability is not possible a Deputy must be appointed.

- n) Report to the FRA Secretary any incidents a) requiring FRA action, b) which might result in an insurance claim, or c) involving an injury requiring hospital treatment. Good practice is also to report any learning from the event which might help other Race Organisers in similar circumstances. The FRA Incident Report Form has more details
- o) Complete an FRA Race Organisers' Event Check List prior to the event, to be made available on request, and retain a signed copy for one year.
- p) Inform all competitors that if they retire from the race they must report to the race finish, even if they report their retirement to a marshal on the course.
- q) An organiser must be present at their own race to ensure the event takes place as planned and to manage any incidents that arise. In order to rapidly and authoritatively respond to any incidents, an organiser is not permitted to run in their own race.
- r) Any change of organiser must be registered with the Fixtures Secretary by submitting a new permit application prior to the event unless a last-minute illness/emergency prevents this, in which case the Fixtures Secretary should be notified before the race and a new permit application submitted retrospectively at the earliest possible opportunity. A replacement organiser takes on all the organiser responsibilities and obligations for the event.

Table 1: Kit requirements for FRA fell races

Race category	Kit requirements	Notes
Long A, Medium A, Long B	FRA Mandatory Minimum Kit plus any additional kit specified by Race Organiser	FRA Mandatory Minimum Kit is listed below. Additional Race Organiser requirements may include, for example, a thermal layer, bivi bag, torch, water etc.
Short A, Medium B, Short B, all category C races	As Race Organiser specifies	Best practice is to carry FRA Mandatory Minimum Kit, but specific requirements are at the Race Organiser's discretion.
Relays	As above, depending on length of longest leg.	For relays, use the category of the longest leg for all legs.
Orienteering events and mountain marathons	As above, depending on length of the shortest possible course.	For orienteering events and mountain marathons, use the shortest possible course which would complete the event.

Note: FRA Mandatory Minimum Kit (for Long A, Medium A and Long B races) comprises: waterproof whole body cover (with taped seams and integrated attached hood) + hat + gloves + map + compass + whistle + emergency food

2. Rules for Competition

The management of fell races in England is delegated from UK Athletics (UKA) to the FRA. Official UKA-authorized fell races can only be registered and granted a licence by the FRA.

FRA fell races take place under the UKA 'Rules for Competition' and the following are points that are specific to fell running or that clarify or augment the UKA Rules for Competition. The UKA Rules for Competition are obtainable at britishathletics.org.uk. For clarification concerning any Rule, please contact the FRA Secretary.

a. Race categories

Fell races shall be categorised according to length and severity as follows:

Race length categories

L (Long)	M (Medium)	S (Short)
20 kilometres or over	Over 10 but under 20 kilometres	10 kilometres or less

Race severity categories

Category A	Category B	Category C
Should average not less than 50 metres climb per kilometre Should not have more than 20% of the race distance on road. Should be at least 1.5 kilometres in length.	Should average not less than 25 metres climb per kilometre. Should not have more than 30% of the race distance on road.	Should average not less than 20 metres climb per kilometre. Should not have more than 40% of the race distance on road. Should contain some genuine fell terrain.

b. Age limits

Race Organisers must stipulate age limits for their events. The minimum age for entry to a fell race is 6 years on the day of the race. The following maximum distance limits for juniors must be observed (ages as on the day of the race).

Junior age categories

Age 6 or 7 years	Age 8 or 9 years	Age 10 or 11 years	Age 12 or 13 years	Age 14 or 15 years	Age 16 or 17 years
1 kilometre	2 kilometres	3 kilometres	5 kilometres	7 kilometres	10 kilometres

Paired mountain marathons

For paired mountain marathon style orienteering events, over one day or longer, where one of the two runners is under 18 years of age, the other runner must be at least 21 and must also be the parent or legal guardian of the junior runner. The minimum age for the junior runner is 14 years on the day of the race and the following straight line distance limits apply for each day of the event.

Age 14 or 15 years	Age 16 or 17 years
20 kilometres	25 kilometres

Veterans

In fell running, a veteran is a woman or man aged 40 or over on the day of the race.

c. Entry fee and Licensing Requirements

No runner may take part in any race without having entered the race in accordance with the Race Organiser's procedures and requirements.

Race entry fees for FRA-registered events shall be the same for all entrants in each category of event (senior, veteran, junior age 6 or 7 years, junior age 8 or 9 years etc). Pre-entry and entry on the day may be charged at different rates. A small variation to allow for the different costs of on-line or credit card administration is permissible.

Published material giving race details should include the words 'Licensed by the FRA under UKA Rules'.

d. Team eligibility

Runners may count for a team for their first claim fell running Club only. This Club must be affiliated to England Athletics or other National Association. For runners who are simultaneously members of two clubs, in the event of ambiguity over which club has 'first claim' status an appeal should be made to Membership Secretary at the start of the season.

e. Protests and Disciplinary Matters

- i. The FRA may take such action as the FRA deems to be necessary following a breach of the Rules of Competition or other misconduct by competitors, organisers and other officials at any event coming within the jurisdiction of the FRA.
- ii. Any person who makes a false entry for a race may be dealt with by the FRA for misconduct.
- iii. Any competitor who indulges in unfair practices or misbehaviour, including the use of offensive or abusive language, or who fails to comply with any requirement contained within the current FRA Requirements for Runners (including failure to carry the kit specified by the Rules and/or by the Race Organiser), may be disqualified from a race, at the discretion of the Race Organiser. The Race Organiser must report any such disqualification to the Secretary of the FRA.
- iv. Competitors or Race Organisers who breach the Rules of Competition or who breach any FRA Requirements for Runners or who conduct themselves in a manner which may bring discredit to the sport of fell running may be reported to the Secretary of the FRA. In the case of a breach of the Rules of Competition or of the FRA Requirements

for Runners or other misconduct by a competitor in the course of a fell race, then the Race Organiser must report the matter to the Secretary of the FRA.

- v. Any protest or objection against qualification to compete in a race must be made to the Race Organiser, who may refer the matter to the Secretary of the FRA.
- vi. Any protest or objection by a competitor or club against the placing of that or another competitor or a club's team or against the conduct of another competitor must be made to the Race Organiser within one week of the publication of the results.
- vii. Any report or complaint under paragraphs c) or d) must be made in writing to the Secretary of the FRA within 21 days of the incident.
- viii. In the event of a report of misconduct or complaint having been made to the Secretary of the FRA, the Disciplinary Sub-Committee of the FRA shall review the matter and determine what, if any, penalties are to be imposed. The review and determination must be completed within one month of the referral of the matter to the Secretary. However, in the case of investigations involving abuse or safeguarding where another party is involved e.g. the Police or Social Services, then the review and determination must be completed within one month of the Secretary of the FRA being notified of the final outcome of the investigations of the other party.
- ix. Any competitor or club may appeal to UK Athletics against the decision of the FRA Disciplinary Sub-Committee. Any appeal must be made in writing within 14 days of receipt of the decision from the FRA

f. Safety Guidance for Race Organisers

Race Organisers of FRA races must consult the FRA document 'Guidelines for Race Organisers' for information on the safe organisation of fell races.